



The Body Wheel: Mindfulness and Personal Healing Guided Mediations from the Nalanda Institute

By Professor Joseph Loizzo

BRILLIANCE AUDIO, 2017. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. These guided meditations recorded by Dr. Loizzo are meant to support all four horizons of contemplative learning and meditative practice that make up the gradual path to freedom and happiness taught in the Nalanda tradition. Body Awareness Meditation Balanced-Sensitivity: Mindfulness of Sensation Deep Mindfulness: Mindfulness of the Primal Mind Radical Acceptance: Mindfulness of All Experience.



READ ONLINE
[7.93 MB]

DOWNLOAD



Reviews

Very good eBook and beneficial one. It generally is not going to price a lot of. I discovered this ebook from my i and dad advised this book to learn.
-- **Tyrel Bartell**

Extremely helpful to all class of individuals. It really is written in straightforward terms instead of difficult to understand. I am just happy to explain how this is the finest publication i have got read inside my own lifestyle and might be the very best ebook for possibly.
-- **Dr. Meta Smith**